

# Life Skills Classes - 2025

Transform your life!



This 8-week series of classes is for you if:

- You are transitioning back into the community from the criminal justice system, incarceration, and/or treatment
- You are looking to re-connect with your family for any reason

Open to all justice-involved individuals and the public.

## What you will learn

Harm & Stress Reduction

Accountability

Organization

Personal Management Skills

Relationship Skills

Taught by King County Community Partnership for Transition Solutions (KCCPTS) and University of Washington Center for Child & Family Well-being

**Tuesdays, 12:30 p.m. - 2:00 p.m.**  
**August 5 to September 23, 2025**

**Shoreline City Hall, Room 303**  
**17500 Midvale Ave North, Shoreline**

For more information and to sign-up, contact:  
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